



# Melissa's Slow Cooker Stuffing

**Makes:** 16 Servings

My family's recipes are a sacred tradition, especially our slow cooker stuffing. Rather than take away "unhealthy" ingredients, I wanted to make my version colorful by adding red cranberries and green apples. I also replaced the white bread with 100% whole wheat bread. The end result? My family loved it and I hope yours will too! ~ Melissa, MyPlate Nutritionist

## Ingredients

**3/4** stick of light butter

**2 cups** chopped celery

**1 cup** chopped onion

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>150</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	2 g
Cholesterol	17 mg
<b>Sodium</b>	<b>204 mg</b>
<b>Total Carbohydrate</b>	<b>21 g</b>
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars included	4 g
<b>Protein</b>	<b>7 g</b>
Vitamin D	0 mcg
Calcium	58 mg
Iron	1 mg
Potassium	234 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
Fruits	1/4 cup
Vegetables	1/4 cup
Grains	1 1/2 ounces

## MyPlate Food Groups

**2 1/2 teaspoons** dried parsley

**2 cups** fresh mushrooms (sliced)

**16 cups** 100% whole-wheat bread (cubed)

**1/2 cup** dried cranberries

**1 cup** chopped apple

**1 teaspoon** poultry seasoning

**1 1/2 teaspoons** dried sage

**1 teaspoon** dried thyme

**1 teaspoon** garlic powder

**1/2 teaspoon** ground black pepper

**3 cups** low-sodium chicken broth

**1** egg (beaten)

**2** egg whites (beaten)

**1 cup** water

## Directions

1. Melt butter in a large pan over medium heat. Add onion, celery, mushrooms, and parsley to pan. Stir often until veggies are tender.

2. Combine bread cubes, cranberries, and apple in a large bowl. Pour veggies over bread cubes and mix gently.

3. Season with poultry seasoning, sage, thyme, garlic powder, and pepper. Pour in broth (just enough to moisten) and gently mix in eggs.

4. Transfer mixture to slow cooker and cover.

5. Set slow cooker to High for 45 minutes; then reduce heat to Low and cook for 4 to 8 hours.

**Source:** USDA Center for Nutrition Policy and Promotion